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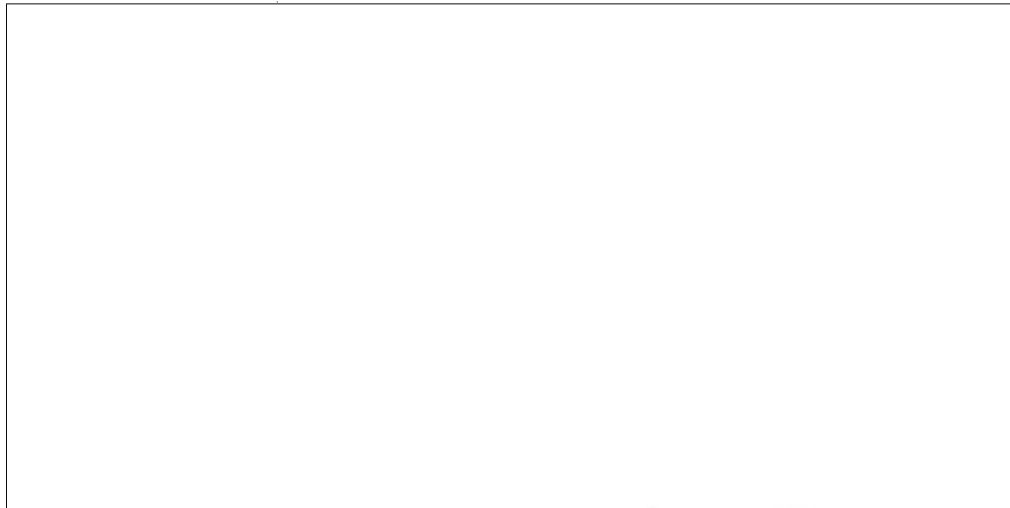
05/01/2009

2009 H1N1 Influenza Update #3

A Message from the Director for Support:

APPROVED FOR RELEASE ☐  
DATE: 16-Sep-2009

The widening influenza outbreak now includes at least 15 states and 19 other countries, with suspected new cases identified every day. It is likely that in the next several days cases will appear more widely in the US, including the Washington Metropolitan Area.



- Although commonly referred to as swine flu, Health and Human Services officials are urging adoption of the term 2009 H1N1, while CDC is switching to S-OIV (swine-origin influenza virus), so look for these different terms in official communications.
- Many more countries have suspected cases, awaiting confirmation.

The characteristics of this 2009 H1N1 influenza strain in humans is not fully understood because it is so new, but it appears to act like usual seasonal influenza strains in transmission (aerosol), symptoms caused (fever, cough, sore throat, body and headaches, fatigue), and clinical course.

- While most US cases have been mild, CDC officials do expect to see more serious cases if the flu spreads in the US and reaches vulnerable populations. This expectation is based on the annual US experience with seasonal flu, which causes an estimated 36,000 deaths each year.
- There is insufficient evidence to determine if the seasonal flu immunization will offer any protection; because this is a novel virus, the working hypothesis is that little protection is offered. There is no vaccine for 2009 H1N1 at this time.

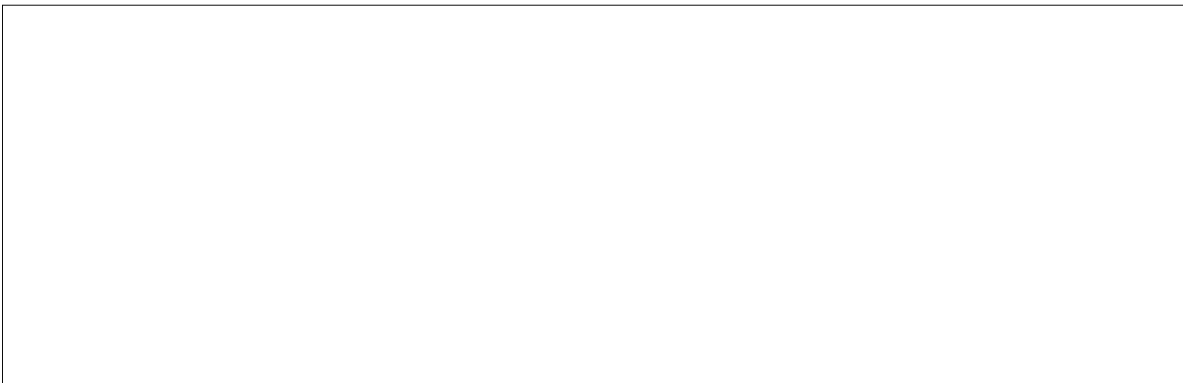
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- Specimens around the globe continue to be sensitive to oseltamivir (Tamiflu) and zanamivir (Relenza).

As we continue to monitor the international and local situations, OMS provides the following guidance for minimizing your risk of infection:

- Wash hands frequently and for 20 seconds at a time. Soap and water will do well; alcohol based hand sanitizers are very effective.
- Cough into your sleeve, tissue or fabric (it catches more aerosol, and limits spread to others via your hands).
- Avoid touching your nose, eyes and mouth – these are the easiest paths for the virus to invade your body.
- Stay home if you develop a respiratory illness with fever, and contact your health care provider for advice and guidance.
- If you or a family member becomes ill with a respiratory illness with fever, select one household member to provide care to that individual.
- Follow guidance from the CDC and local health departments regarding flu patterns in your area.



On the internet, we recommend:

[www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)

[www.who.int/crs/diseases/swineflu](http://www.who.int/crs/diseases/swineflu)

For Maryland residents: [www.dhmh.state.md.us](http://www.dhmh.state.md.us)

For District of Columbia residents: [www.dchealth.dc.gov](http://www.dchealth.dc.gov)

For Virginia residents: [www.wdh.state.va.us](http://www.wdh.state.va.us)

And for other states, search for your state department of health website.

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